



## Who are We?

The Young Love Foundation is a non-profit organisation contributing to the health and well being of youth in our community.

## What do we do?

We provide school and community based mentoring and personal development workshops for teenagers who are facing profound challenges in their lives, such as mental health, substance abuse, and sexual health issues.

## How do we work?

We attract local volunteers who complete an accredited TAFE training course in Mentoring in the Community. They complete appropriate Working With Children checks and then volunteer to our mentoring programs. We run various workshops for young people and those who work or live with them. We are an independent charity and who is not affiliated with any religious or political organisations, and we are managed by a professional board of industry experts.

## Why are we needed?

The most common illness we see in teenagers now is depression

1 in 3 young Australian deaths is due to suicide

1 in 4 12-15 year olds consume alcohol weekly

1 in 4 girls and 1 in 7 boys are victims of child sexual abuse

Australia has the third highest rate of teenage pregnancy in the developed world

All the indicators are that our teenagers are in crisis, and their self esteem is suffering

## What is mentoring?

Mentoring from a positive role model provides a nurturing pathway for teenagers to feel supported through tough times, particularly if they feel they can't go to their parents, teachers or counsellors for various reasons. The power of having someone neutral to talk to who really listens, and actually hears you, is extraordinary.

## What are our workshops?

Our personal development workshops provide teenagers with the right resources at an early stage so they are prepared for life, and their life chances are greatly enhanced. They are fun, innovative and engaging.

## What programs do we run?

Our **ismo** program (in school mentoring opportunity) is for guys and girls in high school in years 9 and 10. We mentor for an hour a week in term time on school premises. Our **bump** program is for young pregnant or parenting mums. We mentor for an hour a week, and attend monthly workshops together on specialist topics specific to the challenges that young mums face. The **connections** program is for disengaged teenagers, and runs in partnership with the Salvation Army and TAFE.

## How can you help us?

Volunteer to become a mentor, which includes free TAFE accredited mentor training

Become a silver, gold or platinum sponsor of Young Love

Come to our innovative fundraising events

Offer your time, treasure or talent to help the Young Love Foundation continue making a difference in young people's lives

Make a donation or provide a funding grant so we can continue our work with young people

Ask us to run training or workshops for your school or organisation, or attend our workshops for parents

## How can you contact us?

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